

KEYS



volume 16

TO HAPPY LIVING

SECRETS TO
ENJOYING YOUR
MARRIAGE &
RELATIONSHIP

Continued from Volume 15

7 LAWS TO
BUILDING A
HEALTHY HOME

THE BENEFIT OF A
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MARRIAGE

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The benefit of building a *Healthy Marriage* to your generation

Marriage is a covenant or agreement between a man and a woman to share life together and to accomplish a common purpose.

It was the first institution God established on earth for the purpose of continuity and for continuous effective leadership

The desire to be great and to produce great offspring starts from the home. Your home is the most effective place to incubate great leaders. The first leadership experience any child will have is from both parents.

Children naturally learn and pick habits from parents. Whatever you believe in and practice in your home, are the beliefs your children will naturally grow with.

And because children grow to pick habits after their parent, who you chose to co-parent with is very important.

That is why as a single man or woman you are the luckiest person to be reading an article like this, because you have an opportunity to choose right.

If you are a patient person and display that in your attitude, your children will grow with an attitude of patience. And that attitude will help them stay on a cause as an adult to work and wait until their ideals become a reality. If you practice order, your children will learn orderliness, if you practice love and respect that will become their natural habits.

All these characteristics are attributes an effective leader has to cultivate.

Any child that grows up in a healthy

environment always has an edge over others. They grow up with attitude that others takes a lifetime to cultivate. And always people feel comfortable to give responsibility to disciplined and diligent individuals.

The best time to learn to be disciplined is our formative years and parents play a large role during those years.

When people tell their spouses "I am done", "and it is over", because they are faced with challenges in their marriages, it is not healthy for the next generation. In human life, challenges are normal and quitting is never a good solution.

You have to learn to be strong and manage every challenge that comes your way. Never quit your marriage because you are faced with challenges, quitting will rob your children of an irrecoverable experience of having both of their parents living together.

Check the history of all the good leaders all over the world, they are people with good moral background, with mother and father living together.

Out of the 44 Presidents that have ever ruled America only three out of the 44 (Obama, Clinton and Ford) had divorced parents. And they were still raised by good grandparents living together; and out of the 44 only one has been divorced.

You need the foundation of a healthy and working marriage to emerge a strong and effective leader.

Only few world leaders came from broken homes and they had to work harder to get to the top, and some of

them, had never been free from scandals.

Marriage is beyond you and your spouse alone, it has a lot to do with the future of your children and your nation.

Look beyond you and your partner when making decisions. 99% of all the serial killers in the world came from a broken home.

The more of working and healthy marriages we have, the more of responsible leaders we will produce for effective leadership. This will give us a better world to live in and also give glory to our maker; God Almighty.

The reason we do not have listening leaders in this part of the world is because they also never had listening parents, which was their first leadership experience. Because you cannot give what you do not have.

7 LAWS TO BUILD A HEALTHY MARRIAGE

1. The law of love: Love is decision, not just feelings. Feelings are not constant. You can be very happy one minute and be unhappy the next minute, because a lot of things can control your feelings. What will hold a union together for a life time should not be anything that is subject to change. You must make a conscious decision to stay in love. The reason for high divorce rates in our society is because we have reduced love to a mere feeling, so when our spouse is of their best behavior, we love and stand by them. The moment we see contrary behavior, we are done and it's over. Let's use God as an example. The other name of God is love. God does not only love the people that love Him. There are thousands of people all over the world that do not recognize him, yet he blesses them.

The greatest of all blessings in this world, is life itself; and that he gives to bad people and good people. He does not only love people that are of their best behavior. You should love your spouse's best behaviour and also accept

his worse side that is the secret to staying married.

Love means giving up yourself for another. No relationship can survive without genuine love.

2. The law of submission

Submission is an act of sub-rendering power to another. This is the greatest principle that ensures peaceful co-existence in a home. Without submission, chaos is inevitable. In most African primary schools and colleges, every class has a class prefect, which is usually appointed by the class teacher. His role is to report misconducts. Each time any pupil disobeys the class prefect; the teacher will discipline or punish the student, because the student has not only disobeyed the class prefect but the authority that appointed him as a leader.

Though a man and woman have equal rights in marriage, the man has been appointed a leader by the institutor of marriage. Each time any woman disobeys this order in marriage, she will face hitches in her relationship with her man.

Some foreign laws may force husbands to pay bills, and there may be punishments for some misbehavior, but the law can never force a heart to love. If you must win your spouse's love and enjoy a peaceful marriage you must learn to submit to one another. Both parties must learn to submit their will to one another, that is the secret of a peaceful and sustainable family.

3. The law of giving:

The principle of giving says, you get back what you sow. The outcome of every relationship is largely dependent on the quality of investment. The reason you see so many people are so committed to the gospel of Jesus Christ today is because of the quality of investment He invested in their lives. He gave up His own life for us all. If you truly give up your all to a spouse you carefully chose, he or she will in turn give in their best.

One of the quickest ways to get your desire in marriage is to become what you desire. Any positive change you want to see in the relationship with your man or woman. You first become the change you desire, it is only a matter of time, you will see your desires come to pass.

4. The law of positive words

Every relationship is established by spoken words, and can only be sustained by positive words. You cannot speak negative words and expect a positive action. Most of the troubles we face in our marriages are as a result of words that were not properly spoken. Words are majorly our medium of expression. Learn not to be quick to speak negative, no matter the crisis you are going through in your marriage. Every negative word you speak to your spouse comes back to haunt you. One of the ways to manage crisis in a relationship is to manage what you say at the time of disagreement.

There is a lady I came across sometime ago; she said she had lost a lot of good relationships because of negative words. Each time she gets angry she will say something nasty, even when she apologises after, they still end up leaving her. It is very tempting to speak negative, when we are angry but learn to manage it. Positive words are the gas that runs marriage to a successful end.

Each time you hear marriage failure, it is as a result of negative words and actions. Be polite when talking to your spouse; make sure you are not disrespectful with your words. Every negative word you speak to your spouse takes their heart farther from you. Positive words will create your desired home.

Ways to learn to speak right.

- i. Think right about your spouse
- ii. Learn to overlook wrongs
- iii. Speak inward when you cannot control the urge to speak
- iv. Always remember every negative word you speak to your spouse, drag them away from you.

5. The law of selflessness

To build a healthy marriage, you must take attention off yourself. No selfish man or woman can make a good spouse. The other name for divorce is selfishness. To build a healthy and a peaceful marriage you must learn to be selfless.

6. The law of sacrifice

Every good marriage is a product of sacrifice. Sacrifice is when you deny yourself of some comfort; to make another person feel better. This is a sure engine that drives a relationship to a successful end. God made a sacrifice of His son, thousands of years ago, and he is still daily reaping souls till tomorrow. You can never go bare handed on sacrifice especially the one you make to keep your family together

7. The law of forgiveness

Your relationship will forever lose flavor if you do not learn to keep offences away. Each time your spouse wrongs you, let the offence pass with the season. God uses nature to teach us how to live our lives. In each day, you have morning which naturally gives way for noon, and noon gives way for evening. Just the same way time comes and goes, let offence and issues in your life follow suit. No matter the sun in the noon, Evening will come with its coolness. The hotness of the Sun can not affect the peace the calm evening brings. If you can build your marriage after that pattern, you will forever be at peace and also live a healthy life.

Living with offences is the most backward life any one can ever live, You allow Satan to trap you to a season, though you may be in your evening season, you cannot enjoy its glory because you are still tied to your morning. Every season has its glory.

When you hold offence, it can rob the entire marriage of its happiness and togetherness.

But when you make forgiveness a habit, your marriage will not only be durable but enjoyable. Forgiveness is the major ingredient of a successful marriage.

P H O T O



Gemstone award in Recognition of your Excellence in building marriages & enhancing values. By Emerging Africa leaders award & Styleborn Magazine. In Atlanta Georgia U.S.A.



Singles & Married Today's Workforce Celebrating the Gemstone Award



Signing Signature Pad @ Couple's Chat Event & Writing Her Marriage Secret



Passionate Moment @ Couple's Chat Event



Cross Section of audience @ Couple's Chat Event



Cross Section of Audience @ Singles & Married Today's Event

G A L L E R Y



Couple's Chat Sections



Refreshment



Cross Section of Audience
@ Singles & Married Today's Event



Pastor Judith teaching @ Couple's Chat Event

5 pointers you are in a Wrong Relationship

A lot of people end up having marital delay in life because they did not know when to let go of a bad relationship. Each time you hold a wrong angle for too long; you miss or delay the opportunity to hold the right side. Every one that desires to succeed on earth, have to take marriage seriously like God takes it seriously.

When God wanted to start human race, he started by establishing the marriage institution, and when he came down in human flesh to redeem man, he performed his first miracle in a marriage ceremony.

These are not just mere coincidences. It was a deliberate act of God to show how

important this institution of a man and woman's union is. Also you are not respected much or counted as someone that could be left with high responsibility when you have passed the marriage age and you are not married.

Without a healthy family value, the society will get messy. I will encourage you to be very particular of whom you choose to spend the rest of your life with and how you treat the one you already choose to be with because your future peace depends on it.

1. Inner dissatisfaction of your spouse

The key thing is that your heart should be completely satisfied with any person you want to spend the rest of your life with

before you say I do. This is not to say, feelings or love cannot grow, but it's a strong sign or confirmation whether or not you are in the right place.

For instance, you are craving for a particular food, most cases when you eat, you still feel unsatisfied until you eat the food of your choice. That is how it is when you marry someone your heart is not satisfied with, you will be married yet unsatisfied. I have discovered that this is one of the reasons for cheating. Though people cheat on the spouse they claim to love. When you are thinking of settling down with any person, you should try to satisfy the inner you.

To be continued on the next page

Ask yourself these questions, is this what I truly want? Will I be happy with this person, am I really comfortable with him or her? The true answers to these questions are key to enjoying a peaceful marriage. Never think of what he or she has, what her father has, or what family they are from. All these things can be added and can come at any point in your life.

Let him or her be what your soul loves. It is only through that way you would be happy with your spouse for the rest of your life. Remember Adam did not yet own the garden and had no authority over the earth before he got married. It was the force that marriage produced that gave him authority on earth. When your spirit does not completely accept any person and you force yourself into marriage, you will have a life time of regret.

There are things you would not know about a person while still courting, that you will discover after marriage. Make sure you are truly in love with a partner before marriage so that even when you start seeing the ugly side of him or her, your heart will not drift away completely. Because you can not win life battle with any one you are not completely in agreement with.

And this is one of the major challenges people face in marriage, they allow issues to get to their heart to the point of resentment for their spouse, and that opens a hole in their marriage walls, and so, they will be threading in the path of divorce. Unforgiveness is allowing Satan access into your life, we all make mistakes that we regret later, if we can forgive ourselves for the mistakes we make, we should learn to forgive the mistakes of others. If you are in a relationship that you are constantly asking your self, "am I sure this will work?" don't stay and waste more time, let go of it. The reason why a lot of people settle for less in their life is because of fear. See, build this in your consciousness, you are a child of a King, the owner of the universe. Children of earthly kings know, there is nothing too big for them in their father's kingdom. And they get what they want.

Develop a positive mindset. Don't settle for less because you think good life partners are scarce. Yours is reserved for

you and the way to identify him or her when they come, is that something in you will welcome them and be comfortable with them. And you will feel a sense of satisfaction.

2. When you are incompatible:

To be compatible means to be suitable, in accord, or in agreement. That is a promise God made to every man. Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." If it does not fit it is not God. God is a perfect matchmaker. Now if you are already married and it looks as though it does not fit anymore. It's not God doing that, it's satan, misconfiguring your marriage to miss fit, invite Jesus in, and he will make it fit and remove the shame from you.

Remember the marriage in Cana that Jesus Christ performed His first miracle? They were about to be put to shame. Their wine ran out, in the midst of their celebration, but they were wise, Jesus was their guest. And he renewed the wine, to a better wine.

Jesus is the only Guest you can carry along in your life, marriage and relationship; and your will never run out of the wine of life. When people are not compatible, their ways are completely different from each other. One likes this and the other likes the opposite, you want this, he wants the opposite. As much as you dislike his ways, he also dislike your ways. If you are in that kind of relationship, please do not even perch your net there, it will not work. People will say our parents stay married even when they barely knew each other before marriage. But what they fail to realize is that most of them died bittered. And they did not fulfil God's plans for marriage.

It's not just staying married though that is important, but what you achieve while married and the fulfillment of God's purpose for marriage. Marrying someone you are compatible with is very important because your daily happiness depends on this.

3. Disagreement/Argument:

Argument is a product of disagreement. No marriage or relationship can be pleasant with constant disagreement.

Disagreement is the greatest threat to marital harmony. "Two can not walk together except they agree". What does that mean to people intending married or already married? Marriage means team work, nothing can work in the hands of a couple with constant disagreement. How to work on your agreement level in marriage.

a. Never conclude on issues before discussion.

If you had already concluded issues in your heart before discussing with your partner, it's always hard to shift grounds. As a married person, keep your opinion open until you have discussed with your partner. You have no right to decide issues within and pretend you are discussing it when you had already taking a position.

b. Carry a flexible mindset. Even though you thought it will be best to do things in a particular way, always be ready to be open to new ideals. That is the only way to grow.

c. Be ready to give in even if your ideal was best. In relationship or marriage, you can never completely guide your spouse against making mistakes. If you sell an ideal and the other person says no, give in, when he or she try's it and fail, they will learn from their own mistakes.

d. Always try and explain your point properly.

A lot of women feel their husbands do not listen to their advice, but the truth is most women do not know how to sell their point rather they get emotional. Men work with reasons, reality and they are practical. This is why you will ask a woman, why do you love him, she will reply, I can't really say, I just love him.

When you ask a man that same question, he will say, I love her because, she is humble, intelligent, it seems she will be a good home manager, she is godly and she respects me. They do things with reasons. Each time you bring an advice to your spouse, become a marketer, just like a marketer will tell you all the functions of a product, try and make your point attractive, if not, your spouse will never take your advice, and that can bring disagreement in your marriage and slow down your growth rate in all aspects of your life.

To be continued in volume 17 edition



Secrets to ENJOYING YOUR MARRIAGE & RELATIONSHIP

Continued from Volume 15 edition

WAYS TO ENCOURAGE FRIENDLY CONVERSATION

b. **Be a good listener:** everybody loves talking to people that listen to them. Interruption discourages people from telling you things, also displaying an attitude that shows you are not listening can also be discouraging.

c. **Portray a disposition that is approachable:** avoid a countenance that looks un-approachable. Some married people feel more comfortable telling another man or woman all that happened to them during the day, because of the unapproachable disposition of their spouse.

d. **Respond to conversations:** when you do not respond to conversations, it shows you are not interested.

e. **Act on discussions:** when you and your spouse spend a long time, talking and planning, and you always do the opposite, after a while, they will stop discussing things with you and you will miss out on the purpose of togetherness.

2. **Learn to overlook wrong doings:** if you do not learn to overlook wrong doings in marriage and forgive, you will never truly be happy with your spouse; you will carry a long face all the time. The secret to enjoying marriage is learning to dust off offences from your mind as they occur.

Offences will always happen because there is no way your spouse will just know how to treat you right at all times. Some of the things that will make you happy all the time are either not convenient or are not affordable. One strong cause of disagreement in marriage is finance. You may not always understand why your spouse will refuse to meet certain needs, but instead of that to keep bringing issues to your relationship, overlook and pray to God to touch his or her heart towards doing what you desire.

3. **Show kindness:** Another way to enjoy your marriage is when you are kind and trustful. In most cases, your spouse reciprocates your actions in a different way. For instance, some men may reciprocate a disrespectful action of their wives by cheating on her. Their excuse will be, because she does not regard me, she drove me into the hands of another woman. When you show kindness to your spouse, they will also reciprocate. Kindness digs deep into your spouse's heart and brings out their positive sides. To enjoy your marriage, you first become what you desire. If you want to enjoy more of your spouse's attention, you give him or her more attention. You want more care?, then give more care. If you desire faithfulness, sow faithfulness into your marriage. What you get from your spouse is what you have given. Nowadays, women cheat more often; and the reason is, they are giving back what their husbands have sown. If we do not deal with this, the coming generations will be affected. One thing cheating does to any family, is that it distracts attention from the essentials. Instead of investing

time in what is important, time is wasted on strangers. Having an affair outside marriage is the most fruitless venture to embark on. When a man is on a sick bed or a dying bed, the number of women he has slept with is irrelevant. It is not seen as an achievement but a waste of time.

Know that the quality of investment on your biological children and your spouse are important both here on earth and life after death. Do not waste your time doing things that do not really count. You may not be a president, but be a hero to your spouse and to your children. My mother may not have been the finance minister or known anywhere in the world, but she is my hero. She sacrificed all she could to give me education. When my father died she was still in her forties, some women would have remarried to enjoy the comfort of a man, but she never did. She will always be my hero. What would your spouse say of you? Become your spouse's hero. Never give your spouse room to regret marrying you in secret because, you refuse to show kindness. Every one on earth enjoys a kind act and everyone loves to entrust their heart to a trustful person, even people who are not kind.

God always want you to be to others what He is to you. That is why you hear statements like, "I will bless you and make you a blessing." "Blessed are the merciful for they shall obtain Mercy." One of the reasons why God rewards givers is not for what they have given, but because they have been for others what he is to them. God is a giver, so he rewards personalities like Him. The kinder you are to any one, the more of God's kindness you will receive. Remember whatever you sow, will always come back to you.

4. **Remove alternative options.**

Publisher

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